A Condensed Summary for Assisting at the Holy Sacrifice of the Mass

CORRECT POSTURES AT HIGH MASS

STAND for Entrance Hymn.
STAND for *Asperges* before the Mass.
STAND for the *Introit* (*see leaflet*).
KNEEL for the *Kyries*.
STAND for the *Gloria in Excelsis*.
SIT when the Ministers sit.
STAND when the Ministers return to the Altar.
STAND for the Prayers.
SIT for the Lesson (*Epistle*).
STAND for the *Gradual*, etc.
STAND while the Holy Gospel is Sung.
STAND for the Creed.
GENUFLECT with the Choir at the *"Incarnatus est"*.
SIT after the *"Incarnatus est"*.
SIT during the Sermon.
STAND for the Offertory and Hymn.
KNEEL when Celebrant says, "Let us pray".
ADORE the Sacrament at the Elevations.
STAND for the Post-Communion Prayers.
STAND for the Dismissal.
KNEEL for the Blessing.
STAND for the Last Gospel.
GENUFLECT with the Ministers during the Last Gospel.
STAND for the *Angelus* and make the Responses.
STAND for Final Hymn.

Visit the Shrine of Our Lady of Clemency before leaving the Church.

Leave an Offering for the Poor.

THE MASS

The following is a brief summary of the meaning of the various parts of the Mass. This is readily understood when we reflect that the Mass is a Re-presentation of the Sacrifice of the Cross.

	PRIEST		CHRIST
1.	Goes to the Altar	1.	Goes to Mount Olivet
2.	Commences Mass	2.	Begins to pray
3.	Says Preparation	3.	Falls down in agony
4.	Goes up and kisses the Altar	4.	Is betrayed by Judas with a kiss
5.	Goes to the Epistle side	5.	Is captured, bound and taken to Annas
6.	Reads the Introit	6.	Is falsely accused by Annas and blasphemed
7.	Goes to the middle of the altar and says the *Kyrie Eleison*	7.	Is brought to Caiaphas and denied three times by St. Peter
8.	Says *"The Lord be with you"*	8.	Looks at Peter and converts him
9.	Reads the Lesson	9.	Is brought to Pilate
10.	Says the *"Munda Cor Meum"* at the middle of the Altar	10.	Is taken to Herod and mocked
11.	Reads the Gospel	11.	Is taken back to Herod and again mocked
12.	Uncovers the Chalice	12.	Is shamefully exposed
13.	Offers Bread and Wine	13.	Is cruelly scourged
14.	Covers the Chalice	14.	Is crowned with thorns
15.	Washes his hands	15.	Is declared innocent by Pilate
16.	Says, *"Pray Brethren"*	16.	Is shown by Pilate to the people with the words: *"Ecce Homo"*
17.	Prays in a low voice	17.	Is mocked and spit upon
18.	Says the Preface and Sanctus	18.	Is preferred instead of Barabbas, and condemned to crucifixion
19.	Makes Memento for the Living	19.	Carries Cross to Mt. Calvary
20.	Continues to pray in low voice	20.	Meets His Mother and other holy women
21.	Blesses the Bread and Wine with the Sign of the Cross	21.	Is nailed to the Cross
22.	Elevates the Sacred Host	22.	Is raised on the Cross
23.	Elevates the Chalice	23.	Sheds Blood from the Five Wounds
24.	Prays in a low voice	24.	Sees His afflicted Mother at the Cross
25.	Says aloud *"And although we are unworthy"*	25.	Prays on the Cross for sinners
26.	Says aloud the *"Our Father"*	26.	Says Seven Words from the Cross
27.	Breaks and separates the Host	27.	Gives up His Spirit and dies
28.	Lets a small portion of the Sacred Host fall into the Chalice	28.	His Soul descends to Limbo
29.	Says the *"Agnus Dei"*	29.	Is acknowledged as the Son of God by many bystanders
30.	Administers Holy Communion	30.	Is laid in the Sepulchre
31.	Cleanses the Chalice	31.	Is anointed by holy women
32.	Covers the Chalice again	32.	Arises from the dead
33.	Says the *"The Lord be with you"*	33.	Appears to His Mother and Disciples
34.	Says the last Prayers	34.	Teaches for forty days
35.	Says the *"The Lord be with you"*	35.	Takes leave of His Disciples and Ascends to Heaven
36.	Says the *"Ite Missa Est"*	36.	The Sacrifice is completed
37.	Gives the Blessing to the people	37.	Sends down the Holy Ghost
38.	Says the Last Gospel	38.	Sends forth Apostles to preach His Gospel

WE ADORE THEE, O CHRIST, AND WE BLESS THEE: BECAUSE BY THY HOLY CROSS
THOU HAST REDEEMED THE WORLD

CORRECT POSTURES AT LOW MASS

STAND when Bell rings and the Priest approaches the Altar. Remain standing while the Priest arranges the Missal and announces the Intention.

KNEEL as the Priest begins the Prayers at the foot of the Altar.

STAND for the Holy Gospel.

STAND for the Creed.

GENUFLECT at the *"Incarnatus est"*. Follow the Priest here.

STAND for the rest of the Creed.

KNEEL for the *Offertory, Sursum Corda, Sanctus and Benedictus.*

ADORE the Sacrament at the Elevations.

STAND at the beginning of the Last Gospel.

GENUFLECT with the Priest during the Last Gospel.

KNEEL for the Prayers after Mass at the foot of the Altar.

RISE as the Priest leaves the Altar.

REMAIN STANDING until the Priest has left the Sanctuary.

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An orderly and uniform observance of these Ceremonies will insure correctness of participation in the greatest of all Divine Services, the Holy Mass, and will be edifying and inspiring to those not of our Faith who may happen to be present.

S. CLEMENT'S CHURCH

PHILADELPHIA